Met Office Mountain Weather Forecast

Lake District National Park

Forecast valid from 00:00 on Thursday 30 Mar 2023 until 23:59 on Friday 31 Mar 2023

Forecast Issued on Wednesday 29 Mar 2023 at 11:23

Confidence: Medium for details throughout.

Headline for Thursday 30 Mar 2023: Cloudy with mist and drizzle at first. Skies brightening with the chance of showers.

Mountain weather hazards on Thursday 30 Mar 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** Medium Likelihood
Thunderstorms Low Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** No Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Drizzle	Drizzle	Drizzle	Drizzle	Fog	Cloudy	Cloudy	Mist
Precipitation probability							
70%	70%	60%	50%	40%	30%	30%	20%

Forecast for Thursday 30 Mar 2023

Weather: Cloudy overnight and during the morning with occasional rain, drizzle and mist. Skies brightening during the afternoon and cloud lifting and breaking, although the odd heavy shower is possible. Mainly dry in the evening with patchy cloud cover.

Chance of cloud-free hill tops above 800m: Nil to 20% overnight and early morning, becoming 60% in the afternoon, best of the breaks expected over the Northern Fells and Far Eastern Fells.

Low cloud and visibility: Extensive, base 300 to 600m at first, lifting and breaking near or above the summits in the afternoon. Visibility moderate to very poor at first, becoming mainly good or very good in the afternoon, except in showers and summit cloud.

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Mountain Weather Forecast

Forecast for Thursday 30 Mar 2023

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	22/27 SW	16/20 SW	15/20 SW	21/28 SW	26/35 SW	23/32 SW	24/32 SW	21/28 S	19/26 SE
600	18/24 SW	13/17 SW	11/16 SW	18/24 SW	22/32 SW	20/28 SW	19/28 SW	17/24 S	15/23 SE
300	7/19 SW	5/14 SW	4/13 SW	9/21 SW	11/26 SW	10/24 SW	9/22 S	8/20 S	8/20 SE
Valley	9/19 SW	4/11 SW	4/10 SW	9/19 SW	12/24 SW	12/23 SW	11/21 S	8/18 S	7/17 E

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	5/-1	4/-0	4/-1	4/-2	4/-2	5/-1	4/-1	4/-2	3/-2
600	6/2	6/2	5/2	5/1	6/1	6/2	6/2	5/1	5/1
300	7/5	7/5	7/5	7/4	8/5	8/6	8/5	7/5	7/5
Valley	9/7	8/7	8/7	8/6	9/7	10/8	9/7	9/7	9/7
Freezing Level*	1600m	1500m	1500m	1400m	1500m	1500m	1600m	1500m	1400m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Nothing further to add.

Forecast for Friday 31 Mar 2023

Weather: Mainly dry and cloudy or bright, although some patchy rain or showers possible, most likely over the Eastern and Far Eastern Fells. Outbreaks of rain and lowering cloud in the evening.

Maximum wind: East or Northeast 20mph gusting 30mph.

Chance of cloud-free hill tops above 800m: 70% during daylight hours falling 40% in the evening.

Low cloud and visibility: Occasional or extensive cloud, base 600 to 900m, highest bases likely over the Western and North Western Fells, lowering 600m or less in the evening. Visibility good or very good, but moderate to very poor in rain and summit cloud.

Temperature: **Valleys:** Plus 6 Celsius rising to 12 Celsius
At 800m: Plus 3 to 6 Celsius
Freezing level: Above the summits

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Mountain Weather Forecast

Ground Conditions Supplement

Wednesday 29 March. Helvellyn Summit at 10:54. Temperature 5.1C. Maximum wind speed 30mph. Wind chill - 1.9C. Average wind speed: 24.4mph. A wet morning with extensive low cloud and visibility reduced to around 50m from relatively low levels upwards. The cloud base lifting slightly by midday.

The Lakeland fells and paths are snow free up to and including the highest tops, with only a few small, isolated, and insignificant patches of old snow remaining. These are found on steep north and east-facing slopes above 900m on Helvellyn and are not in areas where walkers are likely to venture.

Wet and windy conditions remain in the forecast for the next few days. Despite the clocks changing and the start of British summertime, the windchill (feels-like) temperatures on the high fells are still frequently in negative figures. Walkers should be prepared with plenty of warm and waterproof layers, hats and gloves, headtorch, whistle, survival bag, as well as a map and compass.

Issued at: 1730 on Wed 29 Mar 2023

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